

# TALLYHO

*Serving the men and women of Fighter Country*

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Luke Air Force Base, Ariz.

Feb. 25, 2000

## Board investigates F-16 crash

By Maj. Derek Kaufman

56th Fighter Wing Public Affairs

An accident investigation board must sift through aircraft debris, review mounds of documentation and conduct countless interviews to determine the cause of a Feb. 16 Luke F-16 crash.

The board, composed of cross-functional technical experts from several Air Force bases, gathers and preserves evidence to answer two main questions: what caused the mishap and how can the Air Force prevent it from happening again?

"We've got an extremely talented group of folks gathered here to piece together what happened," said Col. William Bledsoe, 325th Fighter Wing vice commander, Tyndall Air Force Base, Fla., and investigation board president. "They will go through all of the evidence in excruciating detail."

Following its investigation, the board provides a report of the facts and circumstances surrounding the accident to senior Air Force leadership. If, in the course of their investigation, board members discover significant mishap prevention information, they immediately relay that information to the field, Bledsoe said.

At the time of the crash, Maj. Anthony Barrell, 63rd Fighter Squadron transitional course student, was flying an air-to-air training mission over the

Goldwater Range. His jet was not carrying any bombs; however, it was carrying an inert training missile.

After experiencing problems during maneuvers, Barrell turned toward Gila Bend Air Force Auxiliary Field, Ariz. Unable to recover, he ejected.

The aircraft impacted the west side of a mountain in a remote section of the desert on the South tactical range about 35 miles southwest of Gila Bend. An air evacuation helicopter transported Barrell to the Luke Hospital where he was evaluated and released without injury.

Barrell is an experienced F-16 pilot going through the transitional course to re-qualify to fly in the F-16. He has more than 2,400 total flying hours including 2,200 in the F-16 and AT-38.

Following the crash, Col. Steve Sargeant, 56th Fighter Wing commander, ordered a precautionary stand down of 56th FW jets at Luke and two other locations where jets were deployed.

"When we have a mishap, my inclination is to stand down the wing until we can get a preliminary look to see what may have happened," Sargeant said.

The break from flying provides pilots with an opportunity to talk in their squadrons and re-emphasize critical safety procedures. It also enables maintainers the opportunity to take a little closer look at our airplanes and pro-



Tech. Sgt. Michael Burns

**Safety investigation board members Maj. Bob Coleman and Capt. Jerry Norwood sift through evidence to determine the cause of a Feb. 16 F-16 crash at the Goldwater Range.**

cedures, without having to launch and recover airplanes.

"We have in fact slowed down, stepped back from normal ops and given everything a good look over. Now we are ready to go back and fly those airplanes again," Sargeant said.

He added that his initial impression is that safety awareness, adherence to

procedures and professionalism by Luke people remains high.

"I can assure you that safety is paramount here at Luke and the 56th Fighter Wing and will stay at that level. Quite frankly, I don't feel we are in an environment where I need to do much to raise the level of safety consciousness in this wing."

## Anthrax

### Defense Department continues vaccinations

By Army Staff Sgt. Kathleen T. Rhem

American Forces Press Service

**WASHINGTON (AFP)** — Department of Defense officials said they have no intention of ending their program of mandatory anthrax vaccinations for servicemembers, despite a House of Representatives panel's recommendation that the program should be suspended.

"The Department of Defense is very confident in the anthrax program that we have undertaken," said Dr. Sue Bailey, assistant secretary of defense for health affairs, at a Pentagon briefing Feb. 17. "We have a very safe and effective vaccine against a very deadly biologic agent that we know to be in the hands of many of our adversaries."

"Were (servicemembers) not vaccinated and exposed to this agent, they would die a horrible death. It is our mission to protect those forces," Bailey said.

A critical report released Feb. 17 by the Government Reform Committee's National Security subcommittee stated the military's program to inoculate all 2.4 million troops against anthrax was based on "dangerously narrow scientific" evidence. The panel recommended the vaccination program be suspended and the vaccine be considered experimental.

The Pentagon's top bio-defense official, Marine Corps Maj. Gen. Randy West, said he was disappointed by much of what was in that report. West

is the special advisor to the secretary of defense for anthrax and bio-defense affairs.

"There are a lot of allegations in there that I believe were appropriately answered during the seven hearings that we had on this issue last year," West said, referring to congressional hearings on the anthrax vaccination program held in September and October. "I believe if you take many of the negative comments that are made in the report and go back and bounce them against the testimony that was given, you'll find many of those concerns were adequately addressed."

However, West said, he's glad that the committee called DOD's program a well-intended effort and that the members recognized there is a legitimate threat.

"I would champion their proposal that we aggressively seek a better vaccine," he said.

In fact, West said, there's a funded, aggressive program under

the supervision of the Centers for Disease Control in Atlanta to do just that.

"We also believe anything that we can do to improve the shot protocol would be a good thing," West said. "If you can give this vaccination in less than six shots, you're probably going to have fewer reactions, and the fewer reactions we have, the better it is."

West said DOD budgeted \$20 million in 1999 to work with the CDC to improve the program. He said

See **Anthrax**, Page 6

## 56th FW begins AFAF campaign

By Kristen M. Butler

56th Fighter Wing Public Affairs

The 2000 Air Force Assistance Fund campaign kicks off Monday in an effort to raise money for charitable organizations that help Air Force people and their families.

At Luke and bases worldwide, the goal is to make 100-percent contact — that means unit project officers hope to solicit every active-duty Air Force member.

"Above and beyond contacting all Luke personnel and tenant units, we're going to sell the campaign," Capt. Christopher Follin, 56th Fighter Wing AFAF project officer, said.

"We're going to be the used car salesman for the AFAF," Follin said.

On the other hand, nationally, the goal is to raise \$3.4 million. In 1999, almost \$4 million was raised Air Force-wide during the campaign. Team Luke alone raised nearly \$57,000.

"Last year, Luke got a 700-percent return on its investment," said Follin. "There aren't too many folks that can say they don't know somebody who has been helped by the Air Force Aid Society."

The purpose of the campaign is to raise money for four charitable organizations that benefit Air Force people. The organizations assist active-duty, Reserve, Guard and retired people, including surviving spouses and their families.

The agencies that benefit directly from the campaign are the Air Force Aid Society, Air Force Enlisted Men's Widows and Dependents Home Foundation, Air Force Village Indigent Widow's Fund and the Gen. and Mrs. Curtis LeMay Foundation.

"The AFAF campaign is one of the most important fund-raising drives for the Air Force," Col. Steve Sargeant, 56th FW commander, said. "It's an opportu-

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## Action Line



**Col. Steve Sargeant**  
**56th FW commander**

As members of Team Luke, we share a common goal: supporting each other and working together to accomplish our mission of taking care of our people.

Your ideas, suggestions, comments and kudos are an important ingredient for continuous improvement. Please work directly with

the official responsible for the area that has earned your concern. However, if the appropriate official is unable to ensure satisfactory treatment, you can call me through the Action Line at 856-7011 or send an e-mail to command.actionline@luke.af.mil.

Please include your name and telephone number so I can provide a personal response. Together we can make Luke an even better place to work and live.

### Action Line complaint

**Comment:** I have a complaint about the Action Line. I feel belittled the wing commander would forward my complaint to my squadron commander for response. I thought this information was held in strict confidence. As an 11-year Air Force member, I fully understand the chain of command. If that was the way I wanted to handle the situation, I would have.

I was under the impression the Action Line was free for any complaint without fear of reprisal. I've often used the chain of command to solve issues, but I find to get results to a problem quickly, you go from the top down. I felt my complaint affected the entire wing and needed immediate attention. I'll probably think twice before using this avenue again.

**Response:** I'm glad you offered me this opportunity to explain how action lines really work. We don't have a commander's action group to work responses directly. Any "fix" resulting from a call is the result of action by the appropriate unit commander or agency. That's why it's important to exhaust the normal working-level avenues to address concerns before placing a call to the Action Line.

If you aren't satisfied with the response at the customer service-level, bring it up the chain through flight chiefs and commanders. Still dissatisfied and think you have a legitimate beef? Then give my Action Line a call. We will identify the action agency to work a fix to valid complaints at the lowest level, but with my oversight. Keep in mind, if warranted, I'll also have someone politely call you back to discuss your complaint.



e-mail:  
**command.actionline**  
**@luke.af.mil**  
or call,  
**856-7011**

## Days since last Luke DUI:



7



Use a designated driver

# Learn how encroachment affects Team Luke mission

By Maj. Derek Kaufman

56th Fighter Wing Public Affairs

Often during my interaction with civilians in the Phoenix Valley, and sometimes with people here at the Air Force's largest fighter wing, I'm asked, "What is encroachment and why should I be concerned?"

Encroachment is a horrible sounding word — it reminds me of estrangement, which means to alienate — and for good reason. More correctly, encroachment, as it applies to airports and Air Force bases, can be thought of in the sense of the football infraction: to intrude on the possessions or territory of another.

Here in the West Valley, encroachment is a serious concern. In 1941, when Luke was built 20 miles from Phoenix, no one could have imagined the incredible growth that has taken place, replacing open desert, cotton fields and orange groves with an endless array of tiled roofs belonging to high-density residential neighborhoods. The concern is more of these communities are springing up every day, closer to Luke's twin 10,000-foot runways, which annually launch and recover nearly 40,000 training sorties.

As each development breaks ground, so do renewed concerns about aircraft noise and accident potential.

As Col. Steve Sargeant, 56th Fighter Wing commander, said, "We need to keep an eye on how this community is developing around Luke, so we don't end up putting ourselves into a position where we limit our ability to perform this vital mission of training fighter pilots and crew chiefs."

Luke leadership is vitally interested in compatible land use that provides a high quality of life and ensures the long-term safety and welfare of citizens living in and around the base. The Air Force can't get involved in local zoning decisions, but we have a responsibility to inform citizens about potential impacts of their plans.

In 1999, Luke received 119 noise complaints,

arguably a very small number, given the sheer magnitude of our flying operations. Through active community involvement — by our community planner and base tour and speakers bureau programs — we attempt to educate our civilian neighbors about our mission, in part so they can make informed decisions about future land development around the base.

The F-16 remains by far the safest single-engine fighter in Air Force history. However, as Sargeant said following the crash of one Feb. 16, flying fighters is "inherently a dangerous mission, and airplanes are mechanical and people are human."

Given the large number of flying hours we put on

our aircraft — specifically here as the Air Force's largest fighter wing — over time there will be breakdowns. Despite our very best efforts to reduce the mishap rate to zero, accidents will happen. That's the crux of the issue: Jets make noise and sometimes they land where they aren't supposed to land.

Our new wing commander is dedicated to explaining encroachment

**"... there are still people in the Valley who look surprised when you tell them there is an Air Force base near Phoenix and still others who would like us to pack up and move our mission elsewhere."**

**Maj. Derek Kaufman**  
56th Fighter Wing Public Affairs

and how Luke's mission can affect it. It's not always readily apparent to people who want to use nearby real estate that is being developed.

The good news is Luke enjoys outstanding support of many mayors and other civilian leaders who help articulate what is at stake. They understand noise contours are not simply a line in the sand. Legislators familiar with these noise contours have even enacted laws requiring new home buyers in the vicinity of the base to sign a form acknowledging the base's close proximity to their property.

The bad news is there are still people in the Valley who look surprised when you tell them there is an Air Force base near Phoenix and still others who would like us to pack up and move our mission elsewhere.

Take time to learn about encroachment and spread the word. Our community and your nation's Air Force depend on you.

# TRICARE: Quality care at low cost

By retired Lt. Col.

George Kelling

Willford Hall Public Affairs, Texas

I think I'm one of the victims of broken promises. I entered the Army in 1958, and while I don't remember anyone specifically telling me I'd have free healthcare for life, I certainly went through my career understanding military healthcare would be there until I went to the big Reveille formation in the sky.

As we enter a new century, it's clear things have changed and we'll have to participate in the cost of healthcare. In our indignation over the TRICARE costs, we often forget what we get for our money. The free healthcare we expected was the very product inspiring "MASH," and many other military satires. Our focus was on whatever quality care, at no cost.

I'm familiar with three sides of the

TRICARE issue. I was an Army medic, am a retired soldier and work in the Air Force's largest medical center. Because of this background, my pragmatism overrides my indignation, and I feel my family and I have all the healthcare in the world available, although at a slight cost.

I've seen today's medical miracles. Routine healthcare measures, such as assisted reproduction and laser eye surgery were dreams. I don't want free, 1958 care. I want state-of-the-art care, and it is expensive.

As an Air Force public affairs employee, I've been asked to tell the story of military medicine and TRICARE. I hear complaints as well as praises, and I've seen enough to want it to stay. Under TRICARE, my family has guaranteed, high-quality healthcare, on base or downtown. There is a cost, but it is a great value.

As a retiree and healthcare

consumer, I put my family's health ahead of the righteous indignation I might feel over perceived broken promises.

As a TRICARE Prime enrollee, healthcare is there. If not on base, I have expert help to get quality care downtown.

Do I enjoy paying \$460 per year for TRICARE Prime? Not at all. Does the system work perfectly? By no means. Is TRICARE as customer-friendly as it could be? It has a way to go. Is the system hassle-free? I wish it were. I think the more important questions are in the quality of what I receive.

I would like nickel-a-gallon gasoline, eternal bliss and free healthcare. In this imperfect world, I settle for gas station prices, being fairly happy and using TRICARE. It works, and it's a system my family and I count on although there is always room for improvement.

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# One on One

## Wing CC states command philosophy, ideas to lead Luke into 21st century

By Staff Sgt.  
B. Coors-Davidson  
56th Fighter Wing Public Affairs

When AETC leadership called Col. Steve Sargeant asking him to lead the 56th Fighter Wing, he found himself both very surprised and very pleased.

Working at the White House on the National Security Council for only six months after three successive flying and command assignments, Sargeant didn't expect to see another operational assignment for at least a couple years. However, commanding a fighter wing is an experience he relishes, and one which he experienced before at the tip of the spear with the 8th Fighter Wing "Wolf Pack" at Kunsan Air Base, Republic of Korea.

### Experience

A history buff, Sargeant brings with him the experience and historical know-how to lead the world's largest F-16 wing into the millennium.

Sargeant traced the lineage of the 56th FW back to its days as a fighter group fighting in Europe during World War II.

"Many people don't know the 56th Fighter Group was also called the Wolf Pack in World War II," he said. "With a record number of enemy aircraft destroyed both in the air and on the ground, the 56th FW record was unsurpassed by any other unit in the 8th Air Force, the largest element we had involved in the war. Today, we carry on that tradition of excellence."

A person only has to spend a short amount of time with Sargeant to realize he is a person who enjoys what he does and wants others to do the same. He frequently injects a smile as he describes his formula for success.

"Throughout my career I have collected a 'book' of the things I have seen that I would like to see more of, and another 'book' of the things I wouldn't care to ever see again," he said. "I believe many of our collective experiences can improve upon things at Luke and benefit each of us."

### Team effort

Sargeant explains that as well as supporting the mission, he wants everyone to know they are part of something truly special — it's more than just wearing a uniform and doing a job.

"It's important all of us do our jobs as best we can, but also that we know how to enjoy life in the Air Force. We all need to do our best to keep our people highly motivated to stay in the Air Force."

"One of the greatest things each of us has is the people we are associated with," he said. "We need to treat each other like family. There are times when we pull together and work hard and other times when we can spend time with each other and enjoy each other's company. I want all of our people to feel they are part of this thing we call the Air Force family."

"I also ask that we all make sure our families know how important they are to the mission and they



Staff Sgt. Andy Jacobus

Col. Steve Sargeant, 56th FW commander, took command Feb. 15.

enjoy their opportunity to be associated with the people who wear this blue uniform," he added.

Sargeant said communication is key to Air Force members feeling part of that team.

"I'm impressed the leaders in our command make sure everyone from our youngest airman to our most experienced chiefs and officers have the opportunity to know where our Air Force is headed, Sargeant said. "It helps keep us motivated, our fighter pilots and crew chiefs, as well as all the folks who support that flying mission."

Allowing neighboring communities to know the kind of people Luke has, fosters good community relations. Sargeant asks everyone in the Luke family to make visitors feel a part of such a winning organization by setting the tone and making a positive impression with visitors and newcomers.

"Don't walk along with your eyes down. A handshake, a welcome, or even a wave as someone goes by makes all the difference in the world. I am proud to be part of this wing and you should be proud to be part of it too."

### Forward thinking

Progressing from an air and space force to a space and air force while continuing to improve how we do things, takes forward-thinking and character, Sargeant said. He is acutely aware of the personal sacrifices required to serve in the expeditionary Air Force and his goals extend beyond mission accomplishment at Luke.

"We need to redouble our efforts across the board by examining how we can further motivate those who

are learning to fly the F-16 and the crew chiefs that we are training to launch and recover those fighter pilots," Sargeant said. "Motivate them to leave for their next assignment wanting to be the best they can possibly be — motivate them to want to continue to operate in this profession we call the Air Force."

"I ask each of you to look at yourself and ask yourself what you can do to help make a better working and living environment," Sargeant said. "We are very focused on our mission, but that focus should never be interpreted as being inaccessible or closed to ideas. I ask that as you have ideas about how to make things better, you also have the courage to make sure your ideas are heard."

Sargeant asks commanders and supervisors to continue to be receptive as well.

### Changes

"I challenge everyone to pick an area near their expertise and do what they can to make it better — better mission accomplishment starts with one improvement at a time," he said.

Sargeant said he understands many people may be concerned about possible changes in policies and day-to-day operations that come naturally with the arrival of a new commander. He wants everyone to continue doing the job they have been doing.

"I'm extremely impressed with the professionalism here. Ultimately there may be refinement of programs already in place and others may have reached the end of their useful life, but I don't have a laundry list of programs I intend to immediately change or implement."

## News Briefs

### Chief Handley retirement

A retirement dinner for 56th Fighter Wing Command Chief Master Sgt. Bob Handley is Thursday at 6 p.m. at the Desert Star Enlisted Club. R.S.V.P. to squadron first sergeants or chief master sergeants by today. Additionally, Handley's retirement ceremony is March 3 at 1 p.m. in the 310th Fighter Squadron hangar. All 56th FW people are invited to attend both events.

### 309th FS change of command

A 309th Fighter Squadron change-of-command ceremony is today at 3:30 p.m. in Hangar 431. Lt. Col. Chris Bisgrove assumes command from Lt. Col. Phil Oppenheimer.

### Retirement ceremony

A retirement ceremony for Senior Master Sgt. Byron Stringer, 56th Logistics Support Squadron, is Monday at 10:30 a.m. at the main chapel. A reception follows.

### 425th FS change of command

A 425th Fighter Squadron change-of-command ceremony is Thursday at 9:30 a.m. in Hangar 840. Lt. Col. Daniel Saville assumes command from Lt. Col. Jeffrey Stambaugh.

### 301st FS re-activation

A re-activation ceremony for the 301st Fighter Squadron is March 3 at 2 p.m. at the 944th Fighter Wing, Bldg. 999. Lt. Col. Pat Shay assumes command. For more information, call Maj. Linda McCourt at 856-5388.

### EEO counselors needed

The 56th Fighter Wing seeks collateral duty equal employment opportunity counselors. GS-5 and above civilian employees are eligible to apply. Duties include advising complainants, trying to resolve complaints at the informal stage and keeping a record of counseling activities. Applications endorsed by supervisors are due March 10. For more information, call Susan Bradford at 856-7747.

### Reenlistment bonus cap

The maximum selective reenlistment bonus went from \$45,000 to 60,000. Anyone reenlisting on or after Feb. 4 may be eligible. For more information, call the Air Force Personnel Center at DSN 665-2090.

### Tax center help, volunteers needed

The Luke Tax Center needs front desk volunteers. The center is open Monday through Thursday from 8 a.m. until 3 p.m. at Bldg. 1150, Room 1064. The center provides free income tax help to active-duty members and retirees; appointments are not necessary. For more information or to volunteer, call Barbara Gaugert at 856-3140 or Staff Sgt. Jay Dorris at 856-6901.

### Logistics professional banquet

The Logistics Professional Banquet is March 11 at 6 p.m. in Hangar 913. The event recognizes 56th Fighter Wing outstanding maintenance and support personnel. Chief master sergeants have tickets.

### Chiefs Group chief needed

The Air Force Personnel Center Chiefs Group seeks a chief for their group with a July 31 report date. Application packages are due March 31. For more information, call DSN 665-2744.

### Trash and recycling pick up

Luke's trash and recycling pick up and disposal services are contracted. These services are monitored by customer complaint and periodic surveillance by the 56th Civil Engineer Service Contracts Section. For more information, call Rodney Bartling at 856-6271.

### Nuclear technology fellowship

Packages for the October nuclear technology fellowship program are due March 31. The program offers two years of instruction and hands-on experience at Sandia National Laboratory. Officers with seven to 12 years service or civilians GS-13 and 14 with experience and qualifications in Air Force nuclear missions are eligible. For more information, call Maj. Andrew Weirick at DSN 227-0813.



# Voting information assists airmen

By Staff Sgt. Cynthia Miller  
*Air Forces Print News*

**WASHINGTON** — As the first presidential primary season of the millennium dawns, nearly every state of the union and its territories will hold a primary or caucus in 2000.

While servicemembers are encouraged to take part in the electoral process by voting for the candidates of their choice, they should be aware that certain rules regarding political activities apply to them. Also, those members stationed away from their voting districts should take immediate steps to take advantage of absentee voting to make their voices heard.

According to the Air Force judge advocate general's office, restrictions on political activities by military members result from a fundamental principle that the civil government be controlled by civilian authorities. To avoid the appearance of military influence on the political process, some limitations have been placed on military participation in partisan politics.

"Active-duty military members need to remain neutral and detached from partisan political activities," said Jane Love, JAG office general law division.

"This does not mean that servicemembers cannot participate in the democratic process at all, but only that they must be careful not to violate (Department of Defense) regulations that prohibit certain types of political activities."

Air Force members can find the rules for political engagement in DOD Directive 1344.10, Political Activities by Members of the Armed Forces on Active Duty; and Air Force Instruction 51-902, Political Activities by Members of the Air Force.

Servicemembers are encouraged to participate in the elective process to the extent permitted. For example, they are encouraged to vote for the candidates and issues of their choice. Every Air Force installation has a voting assistance officer to provide practical guidance on how to register to vote, how to vote by absentee ballot and how to contact state voting officials.

"As long as military members abide by the guidelines established in the DOD directive and Air Force instruction, they will avoid violating the restrictions on political activities," Love said.

The most important thing for military members to remember is to check the rules before engaging in the activity. Also,

when in doubt, seek further advice from the local staff judge advocate.

Military members stationed away from their homes can take advantage of the voting assistance program early to ensure their voices are heard during the primary season and at election time.

The Uniformed and Overseas Citizens Absentee Voting Act of 1986 provides for registration and voting by absent servicemembers and overseas voters. The DOD Federal Voting Assistance Program administers the federal provisions of the act and assists military members and their families by providing the tools to help these citizens exercise their right to vote, whether they're stationed in the continental United States or overseas.

The DOD voting program serves:

- ♦ Members of the Army, Navy, Air Force, Marine Corp and Coast Guard who, because of active service, are absent from their legal voting residence.
- ♦ Merchant Mariners
- ♦ Eligible family members of those listed above, who, because of their sponsor's active service, are absent from their legal voting residence.
- ♦ Members of the Commissioned Corps of the Public Health Service and Com-

missioned Corps of the National Oceanic and Atmospheric Administration, who, because of active service, are absent from their legal voting residence.

♦ U.S. citizens, military or civilian, residing overseas.

Additionally, the Federal Voting Assistance Program and participating counties in four states are conducting a small-scale feasibility study for voting over the Internet for the 2000 presidential election.

All counties in South Carolina, Okaloosa and Orange counties in Florida, Dallas County in Texas, and Weber County in Utah, are participating in the pilot project. Servicemembers who are legal voting residents of these counties will cast their ballots through secure transmission.

According to Polli Brunelli, director, Federal Voting Assistance Program, the pilot project for Internet voting is similar to that used in casting an absentee ballot by mail. The difference is the information will be transmitted through a secure, encrypted electronic system.

"To participate in this program, members must be geographically removed from their county of legal voting residence," she said.

## Weak passwords create problems

By Larry Johns  
*Air Force Communications Agency*

**SCOTT AIR FORCE BASE, Ill. (AFPN)** — Throughout February the Air Force highlights Information Assurance. It's a time set aside each year to heighten computer security awareness throughout the Air Force. This year's theme is "Information Assurance in the New Millennium."

Information Assurance begins with some basic requirements. A key element in controlling access to information systems is the requirement for all users to provide some form of identification.

A primary means of doing this is for the user to provide an ID and password. The password provides the first line of defense for our information systems, and that defense is weakened by poorly constructed passwords.

Air Force requires passwords to be at least eight alphanumeric characters — upper and lowercase, and at least one special character. System administrators have the availability of password-cracking tools to identify the use of weak passwords. Unfortunately, these tools are not normally used until the password has been in use for some time.

The Air Force is evaluating the use of a password policy enforcement tool that will check passwords as the user initially enters it into the system. Direct feedback is immediately available to the user when the entered password does not meet the requirements, or when the entered password is listed in the tool's accompanying dictionary.

Password cracking tools typically check the password against a dictionary to determine if a match can be found. In some cases the tool will check variations of the dictionary words by adding a letter or number to the beginning or end.

The more sophisticated tools use a combination of the dictionary check and then have the capability to complete an exhaustive attack of the password. Exhaustive attacks involve the submission of as many different password values as possible in the hopes of finding one or more which are valid.

The work factor for someone attempting an exhaustive attack is directly related to the number of possible values, which must be tried for each character of the password.

The following illustrates the increased difficulty of cracking passwords when using properly constructed passwords. Using the 26 letters of the English alphabet in any arbitrary arrangement, the number of possible passwords that can be formed using N letters is 26 to the Nth power.

The total number of passwords comprises the password space. Thus, using five-letter passwords, there would be 26 to the 5th possible combinations, which

### 250 sorties later ...



Judson Brohmer

**Raptor 4001 flew the F-22 test program's 250th flight test sortie at Edwards Air Force Base, Calif., Feb. 15. Later in 2000, the F-22 Combined Test Force will begin testing the next-generation fighter's advanced avionics technology with Raptor 4004, a major milestone for the program. One of the revolutionary aspects of the F-22 is an ability to gather data from many sources and then display it in the most useful format for pilots to make combat critical decisions in high-threat situations.**

## AF gives troops eyeglasses choices

By Tech. Sgt. Richard B. Searles  
*Surgeon General's Office*

**BOLLING AIR FORCE BASE, D.C. (AFNS)** — As a quality of life improvement and in an effort to increase use of Air Force-issued eyeglasses, the Air Force recently initiated its Frame of Choice program Air Force-wide.

The program gives active-duty members a choice of six different frame types when selecting military-issued eyeglasses. Previously, members had no choice. In addition, several of the frames are offered in different colors.

"This is a major quality-of-life issue for our members," said Lt. Col. George Nicolas Jr., Air Force Medical Operations Agency. "Hopefully this will help ease the need for members to go out and buy additional glasses simply because they don't like the look of the standard issued ones, especially our junior ranking members, who may not be able to afford additional glasses."

The program should also have a positive impact on readiness.

"Some members may not be wearing their prescription glasses while performing their military duties, simply because they may not like the way the standard issue glasses look and can't afford a civilian pair," Nicolas said. "This could cause members to take longer

to accomplish a task or, worst-case scenario, do the task incorrectly."

Frame of Choice glasses are issued to active duty, Reserve, and Air National Guard members after the first 30 days of current active-duty tour, or at the completion of basic training. Technical training members must have at least six weeks remaining time on station to be eligible for the program.

Members who lose or damage their glasses under the program are not eligible for a replacement until one year from the initial order date. Requests for replacement glasses prior to one year will be filled using appropriate standard-issue frames.

If a patient's prescription is less than a year old, they may bring it to the Luke Optometry Clinic and order a frame during the following timeline: E-1 through E-4, March 1 to April 30; E-1 through E-9, May 1 to June 30; E-1 through O-3, July 1 to August 30; and E-1 through O-10, Sept. 1 and after.

If a patient's prescription is more than a year old, call Tricare central appointments at 856-2273 to schedule an optometry appointment.

People scheduled for an exam during the implementation period may order a frame after their appointment.

For more information, call Lt. Col. Sherri Maxwell, optometry clinic chief, at 856-7504.



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# DOD clarifies anthrax exemptions

By Army Staff Sgt.  
Kathleen T. Rhem  
*American Forces Press Service*

WASHINGTON (AFPN) — Department of Defense officials are in the process of approving a policy that standardizes exemptions to the anthrax vaccination program. But, they said, they provided exemptions because it’s “good medicine,” not because of any concerns about the vaccine’s safety or efficacy.

The new exemptions fall into two categories: administrative and medical, said Marine Maj. Gen. Randy West, special adviser to the secretary of defense for anthrax and bio-defense affairs.

The administrative exemption refers mainly to servicemembers who are within 180 days of separation and are not likely to be deployed to one of the key anthrax-threat areas Korea and southwest Asia. The six-shot anthrax vaccination series takes 18 months to complete.

“If a person is within 180 days of discharge and not likely to be deployed to a high-threat area, it doesn’t make sense to start a program that takes 18 months to complete,” West said. “We wouldn’t be able to complete the series while the person was on active duty.

“However,” he continued, “if a person is within 180 days of separation and is in a hostile area or is unexpectedly deployed to a hostile area, we will vaccinate them and give them as much protection as we can under the approved (Food and Drug Administration) protocol.”

The general said the services were looking at the issue of exemptions for separat-

*“If a person has a medical reason not to take the vaccine or to be temporarily exempt from taking it, we want that to happen.”*

**Marine Maj. Gen. Randy West**  
Special adviser to the secretary of defense for anthrax and bio-defense affairs

ing personnel differently, with recommendations ranging from 90 to 180 days. DOD officials decided to set one standard.

Medically speaking, certain individuals shouldn’t receive any immunizations, including anthrax.

“Anthrax is a mandatory vaccination, but we want it to be given just like every other vaccine,” West said. “If a person has a medical reason not to take the vaccine or to be temporarily exempt from taking it, we want that to happen.”

Medical exemptions fall into several categories:

- ♦ **Adverse reaction** to a previous anthrax immunization. West said a person who has a suspected severe reaction after a shot would be temporarily exempt until the cause can be definitely determined. If the vaccine is the cause, the individual would be exempt from further doses.
- ♦ **Pregnancy.** “There’s no history that would cause us to believe the anthrax vaccine would be harmful. However, there haven’t been any tests done to prove that,” West said. “Since we know that a woman’s body goes through a lot of changes and a lot of challenges during pregnancy, we would just like to avoid adding to those challenges by requiring her to take the anthrax vaccine.”

- ♦ **Taking corticosteroids or other immunosuppressant drugs.** Vaccinations are commonly deferred for individuals taking drugs that suppress the immune system because the drugs reduce the effectiveness of the vaccine, not because there would be an adverse reaction to the combination.
- “The purpose of vaccines is to build antibodies in your body,” said Army Lt. Col. Gaston Randolph, director of the Anthrax Vaccine Immunization Program. “When you’re taking immunosuppressant drugs, your body doesn’t build antibodies. It’s sort of a waste to take the vaccine.”
- ♦ **Recent illness or surgery.** “If individuals had recently been ill or had recently had surgery we wouldn’t want them to take a shot until they were fully recovered,” West said.
- West said these measures address “common-sense medical situations,” but said the exemptions provide clarification because of the public controversy surrounding the vaccine.
- Randolph explained medical exemptions have always been covered in the healthcare providers’ briefing, but until now have not been spelled out in a single clear, concise guideline to servicemembers.

## Anthrax —

Continued from Page 1

those efforts are in four areas: shot regimen, gender differences, method of delivering the vaccine and determining the amount of immunity gained from the regimen.

But, he said, pending improvements shouldn’t prevent DOD from using the best measures available.

“We should always want better medicine. We should always want to find a better vaccine. We should always want to find ways to administer it that are less invasive,” West said. “But those things take time. Those are months or years away, and we’ve got troops that are in danger of aerosolized, weaponized anthrax today. We can’t wait until we’ve got a new-and-improved vaccine to give them the protection they need.”

Bailey agreed.

“(Anthrax) is as deadly as ebola,” she said, explaining that anthrax is almost 100-percent deadly if not treated before symptoms develop.

She explained DOD requires servicemembers to receive many vaccines that aren’t voluntary.

“It is not only to protect the troops, but to protect the effectiveness of the mission,” Bailey said. She used the example of tetanus vaccine being required during World War II.

“Although there were millions of wounds and casualties, we only had 12 cases of tetanus,” she said. “It’s that kind of protection that medicine can afford to our troops, and we are intent upon providing that to them.”



# GPS munitions mark weaponry evolution

By Steven R. Ford  
Ogden Air Logistics Center Public Affairs

**HILL AIR FORCE BASE, Utah (AFPN)** — In the wake of lessons learned from the conflict in Kosovo, the Air Force is fitting its Paveway III munitions with global positioning system satellite guidance systems. The modifications, in addition to increasing the accuracy of the weapons, could provide more workload. “The biggest advantage of GPS weapons is that they’re launch-and-leave-type weapons,” said Col. Robert George, Air-to-Surface Munitions Directorate commander, which manages the Paveway II and III systems. George said current weapons require pilots or aircrews to stay in the area and designate the target with a laser. “Our goal, if we have to go to war, is to destroy the enemy target without loss of American life,” he said. With GPS-equipped weapons, “you go to a point, drop your weapons and get out of Dodge as quickly as possible. You don’t have to linger in the area.” Laser-guided munitions came to prominence during

**“GPS guidance will still direct the munitions to target regardless of the weather.”**  
**Col. Robert George**  
Air-to-Surface Munitions Directorate commander

the Gulf War when television screens across America showed the accuracy of the weapons. Iraqi bunkers, buildings and armored columns were routinely destroyed with unprecedented accuracy, helping make the Gulf War one of the most decisive military victories in global history. In the desert, only a sandstorm or, in some cases, the smoke created by burning targets nearby, would prevent the delivery of laser-guided munitions. Kosovo, on the other hand, reinforced the limitation that laser-guided weapons systems are only effective if the target is not obscured. There, the poor weather and low visibility made laser-guided munitions undeliverable

or inaccurate and, in a handful of cases, dangerously so. Northrop Grumman’s Joint Direct Attack Munition, a GPS-guided munition, was instrumental in the campaign during Kosovo’s consistently poor weather conditions. “GPS guidance will still direct the munitions to target regardless of the weather,” George said. “If you lose your laser spot while the weapon is guiding, chances are you’ll miss your target.” A small number of GBU-24, GBU-27 and GBU-28 laser-guided bombs currently in the Air Force inventory will be upgraded, but the majority of the inventory of such weapons will be purchased from the manufacturer with GPS already installed. “There were reports that we’re doing GPS (modifications) on all our laser-guided bombs,” George said. “We’re doing some, but we don’t plan to retrofit the entire inventory.” While the conversion will end the laser-guided munitions era and relegate the laser guidance system to sec-

— See **Munitions**, Page 10



# Assistance

Continued from Page 1

nity for us to give back to other Air Force people. Many folks right here at Luke have benefited from these funds in times of need or in an emergency.”

Active-duty people are encouraged to give “fair share” contributions. These suggested amounts are based on one-tenth of 1 percent of a person’s annual base pay. For instance, AFAP recommends a senior airman contribute \$17 a year, while a lieutenant colonel is asked to give \$59.

“These ‘fair share’ amounts are just a guideline,” Follin said. “Any amount more or less than that figure will be greatly appreciated.”

To make a donation, active-duty people can make contributions through the payroll deduction plan. However, the minimum term is three months and the maximum is 12 months. In addition, the minimum monthly allotment is \$1. Also, checks are accepted and may be made payable to: AFAP Campaign.

Although civilian employees are not directly solicited, their contributions will gladly be accepted, Follin said.

“A contribution to the AFAP is an investment in the people of our Air Force,” Follin said. “I encourage all active-duty people to take advantage of this once-a-year opportunity by making a donation.”

When a person makes a contribution, they are asked to indicate what amount or percentage they want to go to each of the four charities. Following is a brief explanation of these organizations.

**Air Force Aid Society:** This organization helps eligible active-duty and retired Air Force members with financial emergencies. Air Force Guard and Reserve members on active duty may also receive assistance. Assistance is provided through grants or interest-free loans for things such as food, rent, utilities and other essential goods and services. The society also sponsors an education grant program and a spouse tuition assistance program overseas.

**Air Force Enlisted Men’s Widows and Dependents Home Foundation:** The home is near Eglin Air Force Base, Fla. It provides indigent widows and widowers of retired enlisted people 55 and older with housing and related services. The home also cares for retired Air Force enlisted members 62 and older and their spouses.

**Air Force Village Indigent Widow’s Fund:** The village in San Antonio is a life-care community for retired officers, spouses, widows or widowers and family members.

**Gen. and Mrs. Curtis E. LeMay Foundation:** This foundation was established in 1990 to provide free temporary financial assistance to indigent officers’ and enlisted troops widows or widowers.

The AFAP campaign ends March 31. For more information or to make a contribution, call unit project officers or Follin at 856-7672.

## 56th FW clarifies travel card policy

Although a recent “Tallyho” article stated the Department of Defense would begin mandatory use of the government travel card Wednesday to pay for lodging, rental car and airline ticket expenses during official travel, use for airline ticket payment does not begin at Luke until May 1.

That’s because the Scheduled Airline Traffic Offices Inc., or SATO, contract must be modified and software updated before the Luke office can accept government travel cards for payment of airline tickets, Billy Lawrence, 56th Transportation Squadron traffic management officer, said.

Military members and federal employees are urged to apply for their government travel cards as soon as possible. All other proposed use of the card — rental car and lodging — will be implemented Wednesday.

For more information, call the traffic management office at 856-7035 or customer service at 856-7028.



# Modular sleeping bag system adjusts to many temperatures

By Jim Garamone  
American Forces Press Service

**WASHINGTON (AFPN)** — The problem with military sleeping bags was the person using them was either cold or carrying too much.

And let’s face it, because servicemembers could end up anywhere in the world, supply troops had to stock sleeping bags covering all climates.

No more.

The U.S. Army Soldier Biologic and Chemical Command developed a modular sleeping bag system that adapts to any number of climates. It’s based on layering, or as the Army calls it, the “bag-within-a-bag” concept.

“If it is extremely cold, you put the intermediate bag within the warm weather bag and the combination is good down to minus 50 degrees Fahrenheit,” said Jimmy Hodges, the command’s program manager for soldier equipment at Fort Polk, La. “We asked soldiers and Marines what they wanted, and this is the design they came up with.”

The modular sleeping bag system consists of a water-resistant Gore-Tex bivouac cover, a lightweight

patrol sleeping bag, the intermediate bag and a compression stuff sack. Depending on the area and mission, servicemembers need take along only the parts of the bag they need.

The patrol and intermediate bags are made of nylon and filled with polyester fiber. The old military “mummy sacks” use goose down.

“If you are wet, you are cold,” Hodges said. “Polyester doesn’t soak up as much moisture, it dries more quickly and even wet it retains its insulating abilities. The old mummy sacks were great in a cold, dry environment, but too often service members were in cold, wet areas. Down soaked up the moisture.”

The patrol bag, what the commercial world would call a “three-season” bag, is good for temperatures down to 35 degrees Fahrenheit. The intermediate bag by itself is good to minus 5 degrees Fahrenheit. If it gets really cold, the bags are so roomy, troops can wear arctic clothing to bed for extra warmth.

The Gore-Tex “bivy cover” is a windbreaker-type casing that can be used with any bag configuration. The shell “breathes,” which allows body moisture to pass out while keeping water from coming in.

## Password

Continued from Page 4

is equal to 11,881,376. This is fairly easy for a password-cracking tool using an exhaustive attack to try all the combinations in a relatively short time. Increasing the password length to eight characters will increase the number of combinations to 208,827,064,576. This significantly increases the time required for the tool to try all the combinations.

The addition of upper case letters, 10 numeric digits, and the possibility of 25 or 30 easily inserted special characters will increase the number of combinations to a gazillion or two. This number significantly increases the time required for the cracking tool to try all the combinations. Still, it’s not an impossible task given enough time and computing power, but this should be enough to discourage casual intruders. Adding numbers and special characters also makes it more difficult to discover passwords when checked against a dictionary.

Help protect information systems by following the rules for properly-constructed passwords. If you’d like more detailed information the Air Force password policy is contained in AFMAN 33-223, Identification and Authentication.



# DOD fixes inequity in BAH rates

By Jim Garamone  
American Forces Press Service

**WASHINGTON (AFPN)** — Servicemembers who move into areas where the basic allowance for housing rate dropped Jan. 1 will still be paid at the higher 1999 rate, Defense Department officials said Tuesday.

Pentagon spokesman Ken Bacon said DOD will add \$27 million to BAH to get rid of an “irritant” caused by a new method of measuring servicemembers’ stateside housing costs. Servicemembers of the same grade and living in the same area were receiving different allowances.

The new computing system raised allowances in some areas and reduced them in others. But DOD officials gave one-time rate protection to servicemembers in areas where the rates declined — so long as they did not move, the members would be paid at the higher rate.

However, Bacon said, servicemembers moving into an area were receiving the new, lower rate. The additional \$27 mil-

lion eliminates this inequity, he said.

“This was a problem of great concern for those receiving less money from the government,” Bacon said. “So we’re going to fix this small, but annoying inequity that some servicemembers were experiencing.”

He said DOD officials are not sure where the \$27 million will come from.

With this action, Bacon said DOD officials hope all concerned can focus on the larger problem: eliminating out-of-pocket expenses for servicemembers living off-base by 2005. He said servicemembers living off base pay about 19 percent of their costs out-of-pocket. Defense Secretary William Cohen has proposed reducing those expenses to 15 percent in 2001. Eliminating out-of-pocket expenses will cost \$3 billion.

DOD computes BAH rates for more than 400 U.S. locations. DOD-wide, about 752,000 servicemembers are eligible for the allowance, and about 73 percent receive it at the “with dependents” rates.

# Munitions—

Continued from Page 7

ondary status, George said, contrary to reports, the GPS conversion doesn’t mean the Air Force’s inventory of laser-guided weaponry will be mothballed or no longer used. It merely gives Air Force pilots options and flexibility.

“The GPS will guide the weapon to within a few meters. Add laser guidance to that, and, in theory, you should be able to guide it through an open window,” George said.

But if GPS is the present state-of-the-art, what is on the horizon? George sees a number of possibilities that could make GPS munitions look as low-tech as inertial guidance. Of the more fanciful ideas, George sees a proliferation of so-called “Star Wars” directed-energy weapons. Noting such systems as the airborne laser currently in testing, George thinks directed-energy weapons might someday be reduced to a size that would allow delivery by a fighter aircraft.

With the military’s focus increas-

ingly toward “smart munitions” that will help safeguard American lives, he envisions an expansion of the unmanned aerial vehicle program, such as the Global Hawk already in use. Unmanned fighter aircraft would have the obvious advantage of being less expensive, more maneuverable without a human pilot and unlikely to risk the life of the “pilot” flying it from many miles away.

Ideas have also been proposed to create autonomous weapons that are launch-and-leave; a small warhead that will loiter around a target area, selecting potential targets, and then attacking them. In the immediate future, George sees a redesign in conventional munitions to keep civilian casualties to a minimum.

“What we’re pushing for is the development of smaller, more accurate munitions,” George explained, “Going from a 500-pound to perhaps 100-pound bomb with laser or GPS guidance. We want to be able to hit and destroy a target with little collateral damage. We want to be able to knock out the enemy but not the enemy civilian population.”

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*(Right) Tech. Sgt. Terry Deyton, Luke Honor Guard NCO in charge of operations, plays "Taps" Saturday during the Battle of the Flights competition. (Below) Members of Alpha Flight march during the mock funeral portion of the competition.*



# Call to honor

## Luke honor guard flights compete for top ranking



Photos by Senior Airman Elizabeth Krichbaum

**By Kristen M. Butler**  
56th Fighter Wing Public Affairs

Members of Luke Honor Guard's Charlie Flight earned bragging rights Saturday as they walked away with top-flight honors in the "Battle of the Flights" competition.

Every four months, each of Luke's three honor guard flights vie for the title. 56th Fighter Wing chiefs and first sergeants judge members on funeral and color guard performance. This includes a full mock funeral sequence and standard posting of the colors. Judges look for precision, timing and an overall sharp appearance, Master Sgt. Stella Cook, Luke

Honor Guard superintendent, said.

In addition, Airman 1st Class Christopher McElwee of Alpha Flight was named the "Fastest M-1 in the West." In this category, a select member of each flight breaks down, re-assembles and fires an M-1 round at record speed.

"These airmen are already the best of the best and to be named top flight, means a lot," Cook said.

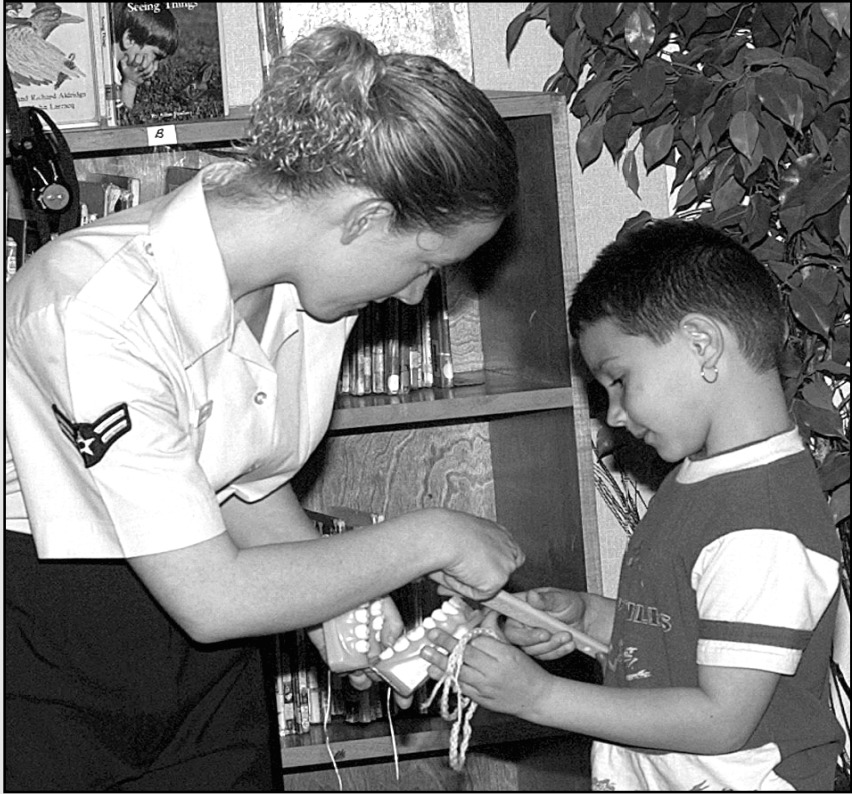
"The event promotes camaraderie and excellence through the spirit of competition," she said. "Plus it provides members a chance to see each other in action – with their busy schedules that's something they don't often get to do."



*(Left) Members of Bravo Flight prepare to fold a flag over a casket. (Above) Airman 1st Class Ryan Lear competes in the "Fastest M-1 in the West" competition.*



An ounce of prevention



Senior Airman Shanna Jones

*Airman 1st Class Shelly Saunders, 56th Dental Squadron dental technician, shows Christian Whitlow of Luke Elementary how to properly brush and floss his teeth as part of Childrens Dental Health Month. Members of 56th DS visited Luke School Monday through Wednesday and stated the importance of good oral hygiene. They also judged a first and second-grade students' essay contest on how to keep beautiful smiles. Winners received certificates and stuffed animals. The winners were: Kyle Evans, Emily Rethman, Raven Maxwell, Champaign Edminister and Nicole Voisard of the first grade and Heather Frohling, Jo-Hannah Valdez, Ebonne Campbell and Katrina Oldeen of the second grade.*

Chapel News

Worship schedule

The following is Luke’s worship schedule:

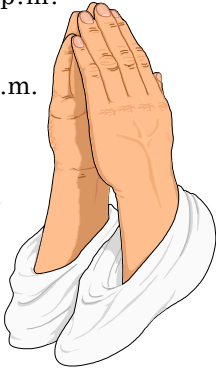
Protestant worship

- ♦ Liturgical service is Sunday at 8 a.m. at the Luke Community Chapel.
- ♦ Gospel service is Sunday at 8:30 a.m. at the Chapel on the Mall.
- ♦ Contemporary service is Sunday at 11 a.m. at the Chapel on the Mall.
- ♦ Shared faith service is Sunday at 11 a.m. at the Luke Community Chapel.

Catholic worship

- ♦ Saturday Mass is at 5 p.m. at the Luke Community Chapel.
- ♦ Sunday Mass is at 9:30 a.m. and 12:30 p.m. at the Luke Community Chapel.
- ♦ Weekday Mass is at noon at the Luke Community Chapel.

For more information on these and other chapel programs, call 856-6211.





# Around Base

## Service Academies Conference

Arizona Sen. Jon Kyl and Congressman John Shadegg have a U.S. Service Academies Conference Saturday from 10 a.m. to noon at Chaparral High School, 6935 East Gold Dust Ave. in Scottsdale. The conference is open to high school students and their parents. For more information, call (602) 840-1891 or (602) 263-5300.

## Koats for Kids

The 56th Logistics Support Squadron collects clean coats for less fortunate people of all ages until Wednesday. Drop-off locations include:  
Credit Union West at the Luke or 67th and Beardsley Avenues branches  
Glendale Chamber of Commerce, 7105 N. 59th Ave.  
Falcon Dunes Golf Course  
56th Judge Advocate office, Bldg. 1150  
56th Civil Engineer Squadron, Bldg. 325  
56th Medical Group, Bldg. 1130  
425th Fighter Squadron, Bldg. 840  
56th Component Repair Squadron  
56th Logistics Support Squadron, Bldg. 485  
For more information, call 856-7485.

## Mystery dinner

The Luke officers wives club presents a “Who Dunnitt?” mystery dinner today 6 p.m. at the officers club. Cost is \$16 for club members; \$19 for nonmembers. For reservations or more information, call 935-9417.

## Black Heritage Banquet

A Black Heritage Banquet is today at 6 p.m. at the enlisted club. The banquet features guest speaker Lionel Lyons, a motivational speaker and Phoenix Equal Employment Opportunity Committee director. Jazz band “Strange Imagination” also performs. For more information, call Damita Klaiber at 856-7834.

## Happy Landings

The family support center has a Happy Landings spouse orientation Wednesday at 9 a.m. Childcare is available and lunch is provided. For more information, call Vernadene Loveland at 856-6835.

## Red Cross

- A new volunteer orientation is March 9 from 10 a.m. to 11 a.m.
  - A disaster training class is March 7 from 9 a.m. to noon in Bldg. 1150, Room 1077.
- For more information on these and other Ameri-

can Red Cross classes, call Stephanie Nordstrom at 856-7823.

## Hike for homeless

Saint Joseph the Worker’s has a 2-kilometer “Hike for the Homeless” March 11 at 9 a.m. at Dreamy Draw, Ariz. Registration is \$10 for individuals or \$7 per person for groups of five or more. To register or for more information, call (602) 257-4390.

## Big band dance, USO show

The Arizona Wing of the Confederate Air Force has a big band dance and World War II style United Services Organization show March 18 at 8 p.m. at Falcon Field Airport, 2017 N. Greenfield Road, Mesa. Advance tickets are \$20 per person or \$25 at the door. Doors open at 5 p.m., the show starts at 6:45 p.m. and dancing starts at 8 p.m. For reservations or more information, call (480) 924-1940 or (480) 981-1945.

## Antique road show

“Treasures in your home, the world of collectibles,” sponsored by PAX TV, has free verbal appraisals of many types of antiques and collectibles Saturday from 9 a.m. to 4 p.m. at Murphy Park in Historic Downtown Glendale. For more information, call (623) 435-0556.

# American Heart Month 2000: ‘Be an American Heartsaver’

By Maj. Sarah Dieckman  
56th Medical Group

The American Heart Association urges Americans to help improve the national cardiac arrest survival rate during American Heart Month 2000 by taking action when faced with a cardiac arrest emergency.

Each February, AHA launches a nationwide campaign about cardiovascular disease to reinforce the message cardiovascular disease is the No. 1 threat to the overall health and lives of Americans.

Heart attack is one of the primary causes of cardiac arrest. Other causes can be electrocution, drowning, respiratory arrest, choking or trauma. When a person goes into arrest, the heart’s electrical impulses become chaotic. This irregular heart rhythm, called ventricular fibrillation, causes the heart to stop suddenly.

More than 95 percent of Americans who suffer sudden cardiac arrest die before reaching the hospital, which equates to almost 250,000 deaths annually. The AHA estimates that at least 50,000 could be saved each year if

the national survival rate could be increased from the current five percent to 20 percent or higher.

“Approximately 700 cardiac arrest victims die every day in the United States. We’re urging every American to be a heartsaver and to get involved in American Heart Month,” said Dr. Paul Underwood, a Phoenix cardiologist.

When someone goes into cardiac arrest, it becomes a desperate race against the clock to save his or her life. Every minute counts. People are urged to take these steps in a cardiac arrest emergency:

- ♦ Know heart attack and cardiac arrest warning signs to recognize a medical emergency when it occurs.
- ♦ Upon recognizing any heart attack or cardiac arrest symptoms, call 9-1-1 immediately to access the emergency medical system. Too many people wait too long before seeking medical attention. The warning signs of a heart attack are: uncomfortable pressure, fullness, squeezing or pain in the chest center lasting more than a few minutes; pain spreading to the shoulders, neck or arms; chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.

Symptoms of cardiac arrest are different: the person collapses and loses consciousness, he or she stops normal breathing and loses pulse and blood pressure.

- ♦ Give CPR because it can help keep the cardiac arrest victim alive until emergency help arrives. CPR is important because it maintains vital blood flow to the heart and brain, which helps sustain the victim until electric shock to the heart can be administered.

Automated external defibrillators are electronic devices that deliver an electric shock to the heart to restore its natural rhythm. Early defibrillation is a critical link in the cardiac arrest survival chain, the only treatment to correct ventricular fibrillation. The sooner a heart is restarted, the better the chances of recovery.

To learn more information about heart attack or heart disease prevention, call Maj. Sarah Dieckman, 56th Medical Group “Put Prevention Into Practice” coordinator at 856-8968 or visit the AHA website at [www.americanheart.org](http://www.americanheart.org). People wanting more information about CPR courses offered at Luke through the American Red Cross may call 856-7823.

## Movies

Movies begin at 7 p.m. unless otherwise noted. Children, 12 and under, pay \$1; adults pay \$1.25.

### Today and Saturday

**“Galaxy Quest” (PG):** Stars Sigourney Weaver and Tim Allen. Nearly 20 years after their television series is cancelled, five stars are kidnapped by a group of aliens to fight their enemy, thinking they are real. With no script, the actors have to turn in the performances of their lives to seem believable. (102 minutes)

### Sunday

**“Supernova” (R):** Stars Angela Bassett and James Spader. The search and rescue crew of a deep space medical ship are in danger after a man they rescue brings an alien artifact aboard, causing gravitational pull to a giant star about to go supernova -- the most massive explosion in the universe. (105 minutes)

### March 3

**“Next Friday” (R):** Stars Ice Cube. Forces beyond a young man’s control test survival skills and family commitment in South Central Los Angeles. (93 minutes)



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# Olympic goals

## Computer help desk technician represents AF in Tae Kwon Do trials

By Senior Airman Jeremy Clayton Tredway  
56th Fighter Wing Public Affairs

While some might think of a person working at a computer help desk as merely a computer geek, the Air Force looks to this nationally-ranked Tae Kwon Do specialist to bolster the United States' chances at Olympic gold.

At 5 foot 11 inches and not even 150 pounds, Shaun Wright may not look imposing, but this native Anchorage, Alaskan boasts the power of a heavyweight combined with the speed of a featherweight.

As the third-ranked lightweight in the United States, Wright represents the Air Force in the featherweight division at the Olympic Trials at the Olympic Training Center in Colorado Springs, Colo., March 10-13.

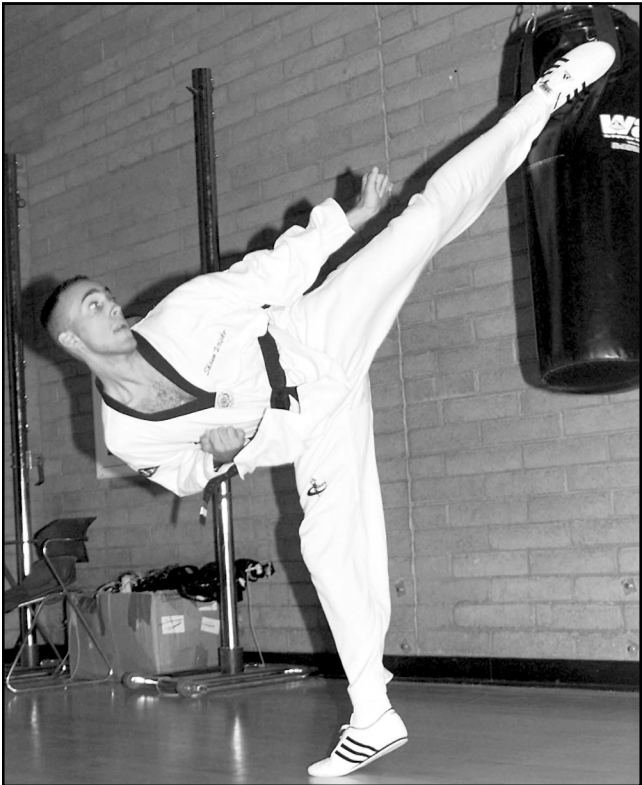
If Wright makes the team, he will move to the Air Force Academy in Colorado where he will solely focus on the 2000 Olympics in Sydney, Australia.

As a third-degree black belt and the only nationally ranked person on the Air Force team, Wright said he has as good of a chance as anyone to make the Olympic team.

"I've fought the national champion twice and we tied 3-3 both times," he said.

The Air Force also believes in Wright's abilities, making him the first selection of 10 to represent the Air Force at the Olympic trials.

Wright joins the team at the Academy March 25 for eight weeks of intensive training.



Wright performs a spinning hook kick on a heavy bag during training at the base fitness center.

In the meantime, Wright will keep up his already grueling regimen which includes running 2 miles, riding a bike for an hour, bag or paddle kicking and speed drills Monday, Wednesday and Friday mornings; sprinting and weight training Tuesday and Thursday mornings; and running 8 miles Saturdays and Sundays. In addition, Wright runs 5 to 6 miles Monday through Friday evenings.

"It's hard to push yourself when you're used to working out with a big team," Wright said. "But with a goal like (the Olympics), it's harder for me to slack because I know I'm not going to get another chance for four years."

Wright wears a ribbon without a medal to keep himself focused and motivated.

"It's one of those mental things," he said. His wife, Renee, also keeps him motivated. As a first-degree black belt, Renee knows what Wright needs to do to be competitive. During training she holds the bag and paddles and lets Wright use her as a punching bag.

Being ranked first in the nation in women's Tae Kwon Do in 1995, 1996 and 1997, Renee also acts as sparring partner for Wright.

"He wins. He's twice my size, but I knocked him down once," she said. "I'm one of the only people who's hit him in the head, so I'm pretty proud about that."

The Air Force selected Renee to join the women's Tae Kwon Do team also, but she was unable to attend because of mission requirements. As an air traffic controller, Renee won't be eligible to train with the women's Tae Kwon Do team until she completes training gets rated — which takes about 18 months.

"It was disappointing," she said. "You can't really take leave or get a job or go to school until you get rated. They want all your focus to be on air traffic controlling, but as soon as I get rated, I'll be able to go. Shaun's worked a lot harder than me, so I'd rather he go anyway."

Although Renee is excited about Wright's selection, she is jealous that she doesn't get to try out.

"I told him I'm a bit jealous about it, but I still help him," she said. "I yell at him when he's doing something wrong, but he knows it's just because I'm frustrated because he gets to go and I don't."

In addition to his workouts, Wright maintains an equally strict diet. He eats only fruits and vegetables and ensures he doesn't consume more calories than he'll burn that day. Wright lost 30 pounds in the last few months to fight in the featherweight division.

Wright's lengthy list of accomplishments includes earning a gold and three bronze medals in the Junior Olympics, five gold medals in the U.S. Western Regionals, winning the Alaska state championship nine consecutive years and placing in the top-eight at the national competition five times.

Wright said his greatest feat to date is earning a third-place finish at the national tournament.

After battling through the national tournament, Wright tore a meniscus in his knee. He forfeited the final match and settled for third place. That



Photos by Tech. Sgt. Michael Burns  
Shaun Wright performs a flying sidekick during practice at the base fitness center.

was good enough to qualify him for a shot at the U.S. International Team. Wright hoped that by forfeiting the last match, he would be healthy for the international team tournament, but he was eliminated in the third round.

After failing to make the international team, Wright joined the Air Force in May, with hopes of being accepted to the Tae Kwon Do team.

Although he is ranked third in the nation, Wright recognizes that, at only 22 years old, he hasn't yet reached his potential. Wright said his strengths are speed, power and maneuverability, while his weaknesses include being intimidated by tall fighters who know how to move. He also said he has a tendency to hold back early in matches.

"I have to land a good shot upside the head and then I'm OK, but until then, I tend to be cautious," he said.

The hardest shot Wright ever took came from a Brazilian world champion at the 1995 U.S. Open Tournament.

"He hit me so hard ...," he said. "There were cameras. I was really nervous. He beat me 4-2, but it really motivated me to know I did so good against a world champion."

Wright even defeated the likes of action movie star Robert Fergeson, a sixth-degree black belt.

"It just goes to show movies and camera tricks can do a lot for you," he said. "The first shot I get to do anything like that, I'll take it."

# Falcons take annual Silver State Classic

The Luke Fighting Falcons varsity basketball team won the 25th Annual Silver State Classic basketball tournament Saturday at Nellis Air Force Base, Nev.

The tournament featured 10 teams from the Air Force, Army, Marines and Navy.

The much smaller Falcons faced a huge hurdle in the first round facing off against the tournament favorite Camp Pendleton. Through team determination, hustle, and solid defense, the Falcons edged out their first win.

The Falcons continued their winning ways, defeating Miramar Naval Air Station and Vandenberg Air Force Base in the second and third rounds.

With a 3-0 record, the Falcons faced Fort Huachuca and experienced their only defeat of the round-robin tourney. However, their overall record qualified them for the single-elimination round that determines the top-three finalists.

The Fighting Falcons lived up to their name, winning a seesaw battle

***"The Falcons put it all on the line. We were aggressive, relentless, confident and united — a quality recipe for championship play."***

**Leon Jackson**  
Falcons head coach

against the tournament host team, the Nellis Thunderbirds — a win that qualified them for the championship game.

Following the Falcon win, Fort Huachuca defeated 29-Palms to earn their place in the championship game, setting up a critical rematch with the Falcons.

Committed to winning it all, the Falcons quickly went to work, scoring consistently and playing tough-nose defense against the much bigger and talented Fort Huachuca players.

"We knew the championship game would be a game of runs, and we

wanted to make sure we had more runs than they did," said Falcons coach Leon Jackson.

The Falcons made runs and weathered the storm during Fort Huachuca's runs to secure an 81-64 win and the championship.

Nate Stephens and Marneko Thomas averaged more than 22 points a game. Richard Norwood averaged 16 with Deron Hudson and Lawrence Williams averaging about 10 points a game to stabilize the Falcon offensive attack.

Defense was truly a team effort — Deron Hudson emerged as the tournament chairman of the boards, averag-

ing more than 10 rebounds a game. The strong rebounding of Richard Norwood, Lawrence Williams and Tonelious Williams combined with superior guard rebounding by Stephens and Thomas solidified the Falcon defense, helping the team average nearly 40 rebounds a game and limit opposing teams' shot opportunities.

The Falcons got solid bench play from Courtney Higgins, James Jackson and Jamal Mikell.

"These young Falcons contributed greatly by doing the little, behind-the-scenes things it takes to win a championship," Jackson said.

Thomas was selected as one of the "tournament all-stars" and Nate Stephens earned distinction as "tournament MVP."

"The Falcons put it all on the line. We were aggressive, relentless, confident and united — a quality recipe for championship play," Jackson said. (Courtesy of the Luke Falcons varsity basketball team)



# Luke sponsors Aerobathon 2000

By Senior Airman  
Jeremy Clayton Tredway  
*56th Fighter Wing Public Affairs*

More than 50 Luke people stepped and kicked their way through four grueling hours of aerobics Feb. 18 during Aerobathon 2000 at the base fitness center.

The aerobics center sponsors the aerobathon in February in honor of National Heart Month.

“Because it’s National Heart Month, we want to get people interested in a program that will keep them on a year-long regimen toward cardiovascular health,” said Judy Peterson, 56th Services Squadron assistant athletic director.

The aerobics center rotated five instructors, who led four hours of step, hi- and low-impact aerobics and kickboxing.

In addition, the aerobics center staff gave out Aerobathon 2000 T-shirts to everyone who registered and had drawing for other prizes every hour.

Prizes included Nautilus polo shirts and hats, Lancome gift baskets and tote bags, workout bags, jump ropes, excer-bands, Arizona Renaissance Fair tickets, therapeutic massage gift certificates and three certificates of one month aerobics. Other gifts were pens, water bottles, vitamins and herbal drinks.

Volunteer judges evaluated the participants’ enthusiam, endurance,



Senior Airman Shanna Jones  
*(Above) Paricipants block imaginary assailants during Aerobathon 2000. (Right) Richard Biehl punches during cardio kickboxing.*

coordination, alignment and ability to follow the instructor and gave plaques to the first-place winners in four categories: under-35 male and female; and over-35 male and female. They also chose the person who had the best performance as the overall winner.

**Under-35 female and overall winner**  
Melody Haugen

**Under-35 male**  
Robert West

**Over-35 female**  
Cindy Carroll

**Over-35 male**  
Richard Biehl

The 56th Logistics Support Squadron was chosen as the squadron winner for having the most participants.

